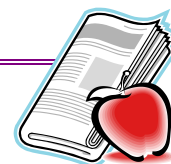


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# DOOR STEP NUTRITION

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August 2021

## Seafood Recommendations



The 2015-2020 Dietary Guidelines for Americans recommends adults eat at least two servings, or about 8 ounces, of seafood per week. Seafood includes both fish and shellfish. Both include essential fatty acids that are beneficial for brain, heart, and overall body health. Consuming 8 ounces of seafood per week is equivalent to consuming 250 mg omega-3 fatty acids per day. On average, Americans only eat 1/3 of the recommended amount of seafood, about 2.7 ounces per week.

Omega-3 fatty acids play many important roles. Fatty acids are essential for fetal development. They are essential for a child's developing brain, nervous system, and vision. They play a role in reducing cardiovascular disease risk and may reduce cognitive decline in an aging adult.

While all fish and shellfish contain omega-3 fatty acids, some contain more than others. Fish and shellfish that are high in omega-3 fatty acids include anchovies, herring, mackerel, Pacific oysters, salmon (Atlantic, Chinook, Coho), sardines, tuna (Bluefin), and whitefish.

There is some concern about the mercury content of fish and shellfish. Choosing low-mercury options is primarily meant for women who are pregnant, breast-feeding, and for children, and not as much for those who are

at a lower risk of harm from mercury ingestion. If you are concerned though, you can limit seafood that is shown to be higher in mercury: bluefish, grouper, halibut, king mackerel, marlin, ocean perch, orange roughy, sea bass (Chilean), shark, swordfish, tuna (Ahi, Albacore, bigeye, yellowfin). Seafood with moderate levels of mercury include: bass (saltwater, striped, black), cod (Alaskan), lobster, mahi mahi, freshwater perch, snapper, tuna (canned chunk light, Skipjack). Seafood with the lowest levels of mercury include: anchovies, catfish, clam, crab, flounder, haddock, herring, mackerel (North Atlantic), oyster, Pollock, salmon, sardines, scallops, shrimp, Pacific sole, tilapia, trout, whitefish.

Fish and shellfish can fit into any budget. There are many canned and frozen varieties that are just as nutritious but more cost effective than fresh. Canned sardines, tuna, and salmon as well as frozen fish filets are great choices.

Preparing fish does not need to be complicated. It can be as easy as putting a fish filet on a baking sheet, topping with butter/oil and spices, and baking until the internal temperature is 145°F. Or you can mix canned salmon or tuna with salad dressing or mustard and eat on a slice of bread or in a leaf of lettuce. The possibilities are endless. The internet is a great resource for recipes.